



# News Sheet



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No.08  
Autumn  
Term



03.11.23

## Another Fantastic Week - 'Growing Together'

### Starfish Preschool

Starfish have had a busy week filled with spooky fun and celebrations!



On Monday the children came back buzzing with their half term news. Taking turns, the children shared what they got up to over their week off, where they went and who they spent it with. In the tuff tray, the children enjoyed exploring the pumpkins, using the various tools to scoop out the seeds and share them between the cups and bowls. The children found that the bigger spoons were better for getting the most seeds out at once because they were bigger.



On Tuesday, we had a busy morning making iced Halloween biscuits and Marshmallow Monsters ready for our party in the afternoon. The children dressed up and enjoyed dancing to the Halloween music, playing with the balloons and seeing how far they could bounce their balloon across the classroom. We ended our Halloween party with our specially made treat and the story 'Room on the Broom'.



At the end of the week, we talked about Bonfire night and looked at different pictures and videos of fireworks. The children then pretended to be fireworks, jumping and bouncing as high as they could and making loud popping and banging noises.

### Seahorse class

This week we have quickly got back into the routines we made before half term. This week we started our new dance unit based around 'Winter'. We looked at pictures of icicles and talked about their shapes. The children then made icicle shapes using their bodies. We moved on to working in pairs and turning our icicle poses into a dance routine. It was great to see the children being creative and collaborative to create some great poses.



In Years 1 and 2 we have also been completing our PSHE lessons looking at our emotional wellbeing and the different emotions we feel. The children have worked very well and shared the different emotions they have felt and when they felt them. They have been open and honest about situations and the adults are very proud with how respectful they have been towards each other.



Reception have spent their topic time looking at flying machines and how they have changed over time. They then drew their own flying machine which they then created using their junk modelling skills.



### Dolphin class

This week has been a busy week off timetable for Dolphin class. At the start of the week we had a great afternoon of multisports at Colby Primary School, where the children were able to try a whole host of different sports (12 to be precise). Mr Austin's favourite was the tug-of-war, where as you can see from the pictures all the children were determined to win. Mrs Winchester's favourite was the dance station, although she was disappointed in the dance moves of the class and is going to introduce boogying lessons when next in the classroom. When asking the children what was their favourite, obviously most said football, but others enjoyed golf, dodgeball and being collaborative using the tracks.



Elsewhere this week we have been focusing on PSHE and RE. In PSHE we focused first on bullying, discussing what bullying is, the different types and how we can react to bullying if we are a bystander. We then progressed onto our strengths and challenges, investigating relationships, put down (and put ups) and

how to feel better (where children had a great game of emotion charades). Over in RE we have been having some great discussions around Christianity and especially who is God, what sin is and our role in protecting our world. The Class have been really engaged, asking some great questions and have produced some amazing work, especially on Thursday when we were being creative making Earth mosaics.



### Shark Class

Sharks have returned to school this week with a BANG! We've had a busy week - In maths, we've been looking at taking apart and re-assembling numbers going all the way up to 1,000,000 and some sneaky strategies to help us work out the powers of 10. In English, we have started writing some short diary entries as if we were experiencing The Blitz in 1940. We've had some fantastic vocabulary and I cannot wait to see their long independent versions next week. In Topic, we finished our artwork - completing both the backgrounds and planes themselves with watercolour. We have them all framed and up on our wall - some of you may have been able to appreciate their artistic talents during our Harvest celebration on Friday afternoon.



## Spooky Disco

In preparation for the Spooky Disco the children created a few spooky posters to place around the hall.



A huge thank you to the PTFA for organising and running the Spooky disco.

## Mental Wellbeing

This week Zoe Winchester, our Safeguarding Practitioner and Senior Mental Health Lead qualified as a Domestic Abuse Champion with NIDAS. As part of role Zoe will be raising awareness for adults and introducing healthy relationships with children.



## Safeguarding

### Help with Living Costs this Winter

Winter 2023/24 Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. Click on the link for more details:

<https://csapps.norfolk.gov.uk/cssshared/ecourier2/fileoutput.asp?id=54504>



# Help with living costs

You may be struggling with living costs for a range of reasons. This leaflet tells you what support is available and how to get advice. You can also find this information on our website [www.norfolk.gov.uk/costofliving](http://www.norfolk.gov.uk/costofliving). If you don't have access to the internet at home, you can go online at any of our Norfolk libraries.

There is also a cost of living hub provided by the government which contains useful information. This can be found at [www.gov.uk/cost-of-living](http://www.gov.uk/cost-of-living).

**Winter 2023/24**



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# FIVE NIGHTS AT FREDDY'S



### WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

### FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

### AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

### STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

### PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

### IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

## Advice for Parents & Carers

### USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

### TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

### LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

### SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

### TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.10.2023

## Lighthouse Lookout

Dolphins and Sharks have been asked to nominate themselves for our revamped Lighthouse Lookout. This is a great opportunity for the children to learn new skills and support others. The Lighthouse Crew will gain the pupils' voice and allow the children to raise awareness and support others within the school. So many children have nominated themselves with amazing reasons why that role will be suitable for them. For each role there will be a Shark and Dolphin, the Head Pupils will support the roles alongside Mrs Winchester and Mr Austin. Look out for your new Lookouts!



## **Celebrating and Sharing Our Successes**

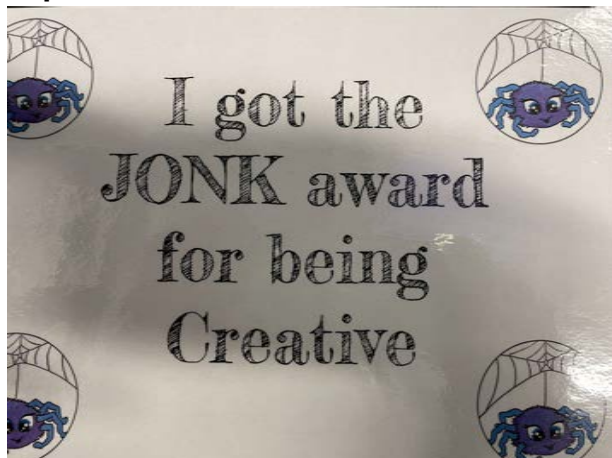
We will be sharing with parents and carers our JONK award winners for the week as part of our celebrating and sharing success.

Teachers and TAs will be looking out for children who demonstrate the JONK skill of XXX next week.

## **Seahorse Class JONK certificate this week**



## **Dolphin Class JONK certificates this week**



## **Shark Class JONK certificate this week**



# Attendance/Safeguarding

Attendance target set by the government = 96.1%

Current updated Bacton Primary School attendance this year to date 95.71%

Seahorse class attendance year to date 97.18%

Dolphin class attendance year to date 95.71%

Shark class attendance year to date 94.19%

The class with the highest attendance this week was Dolphins with 100%

**Well Done Dolphin Class**

**Every School Day Matters**  
School and future success starts with good attendance!

Going to school helps children to:

- ✓ Learn
- ✓ Have fun
- ✓ Make Friends
- ✓ Get new experiences
- ✓ Increase their confidence and most of all...
- ✓ Have the best start in life

**DAILY LATENESS equates to...**

Lateness	Days Lost
3 DAYS LOST (15 MINUTES LATE)	10 DAYS LOST (15 MINUTES LATE)
6 DAYS LOST (10 MINUTES LATE)	10 DAYS LOST (15 MINUTES LATE)
10 DAYS LOST (5 MINUTES LATE)	10 DAYS LOST (15 MINUTES LATE)

Education is important - don't miss out!

**Coastal Together Federation of Schools**  
Instil | Understand | Learn | Become

**Every Day Counts** ✓

Missing a day of school a week is the same as missing over 2 years of school.

## Reminders

### School Lunches

Please check the school website for the Autumn/Winter Menu

### PE Days

On the day your child has PE please ensure they come to school wearing their PE kit. If they are taking part in sports club and it is not their PE day they should come to school in their uniform and bring kit to change into.

PE Seahorse Class - Years R, 1 and 2

Monday and Thursday



<b>Dolphin and Shark Classes - Years 3, 4,5 and 6</b>	<b>Thursday and Friday</b>
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**Uniform**

**Order directly through Birds of Dereham (any time)**

<https://www.birdsofdereham.com/>

Or place your order on the School Money System before the cut off dates below.

**Order Through School - Dates 2023/24:**

1. Order Cut Off: Fri 6th October 2023 - Delivery in November 2023
2. Order Cut Off: Fri 16th February 2024 - Delivery in March 2024
3. Order Cut Off: Fri 26th April 2024 - Delivery in May 2024
4. Order Cut Off: Fri 7th June 2024 - Delivery in July 2024

	<b>Sweatshirt</b>	<b>Cardigan</b>	<b>Fleece Jacket</b>	<b>Delivery charge</b>
Order through school (includes 10% discount)	£10.50	£12.00	£14.50	Free

If you have any queries please contact the School Office.

## Dates for the Diary

<b>Date</b>	<b>Time</b>	<b>Event</b>
07/11/2023	3:15-4:15	Active Outdoor Club
08/11/2023	3:15-4:00	Homework club
09/11/2023	3:15-4:15	Football after school club provided by Premier Sport
10/11/2023	All Day	PTFA - Break the Rules Day
14/11/2023	3:15-4:15	Active Outdoor Club
15/11/2023	3:15-4:00	Homework club
16/11/2023	3:15-4:15	Football after school club provided by Premier Sport
17/11/2023	All Day	Children in Need - Non school uniform - bring a teddy to school for the day. Letter to follow with arrangements

17/11/2023	8:00-8:35	Breakfast Club Special - Children in Need BIG breakfast event. Letter to follow with arrangements
21/11/2023	3:15-4:15	Active Outdoor Club
22/11/2023	3:15-4:00	Homework club
23/11/2023	3:15-4:15	Football after school club provided by Premier Sport
28/11/2023	3:15-4:15	Active Outdoor Club
29/11/2023	3:15-4:00	Homework club
30/11/2023	3:15-4:15	Football after school club provided by Premier Sport
05/12/2023	3:15-4:15	Active Outdoor Club
06/12/2023	3:15-4:00	Homework club
07/12/2023	3:15-4:15	Football after school club provided by Premier Sport
12/12/2023	3:15-4:15	Active Outdoor Club
13/12/2023	3:15-4:00	Homework club
14/12/2023	9:30-10:30	Christmas Performance - Don't be Afraid, ticket only event for parents and carers - ticket booking letter to be issued in November
14/12/2023	3:15-4:15	Football after school club provided by Premier Sport
15/12/2023	14:00-15:00	Christmas Performance - Don't be Afraid, ticket only event for parents and carers - ticket booking letter to be issued in November
19/12/2023	9:00-1:30	Sheringham Little Theatre Whole school Panto visit Years R-6
19/12/2023	3:15-4:15	Active Outdoor Club
20/12/2023	3:15-4:00	No Homework club today

# Term Dates

**All in-term holiday requests will be classed as unauthorised absences. This will likely result in a fixed penalty notice being issued from Norfolk County Council.**

**In Norfolk, penalty notices are issued in accordance with the Norfolk Local Protocol. In all cases a penalty notice can only be issued if the pupil has accrued at least 9 sessions (4.5 school days) of unauthorised absence within the previous 6 school weeks. This would result in a fine of £60 per child per parent ie; for a family with 2 children this would total £240**

**The link below has more information about fixed penalty notices.**  
[Fixed Penalty Notices](#)



**Norfolk County Council 2023-2024 Coastal Together**

This calendar applies to community schools, community special schools, VC schools and nursery schools and sets the days on which school transport will be provided. While most Foundation, VA, foundation special, free schools and academy trusts who are able to set their own dates, adopt the Norfolk Model, we advise you to check with your child's school before making holiday or other commitments.

Month	Calendar Grid
September 2023	Calendar grid for September 2023 showing school days and holidays.
October 2023	Calendar grid for October 2023 showing school days and holidays.
November 2023	Calendar grid for November 2023 showing school days and holidays.
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June 2024	Calendar grid for June 2024 showing school days and holidays.
July 2024	Calendar grid for July 2024 showing school days and holidays.
August 2024	Calendar grid for August 2024 showing school days and holidays.

Key: White dates - schools open to pupils  
 Yellow dates - pupil holiday  
 Red dates - bank holiday  
 Staff Training Days (The remaining 2 inset Days will be disaggregated into 6 Twilights, 1 per Half Term)

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Key: White dates - schools open to pupils  
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 Red dates - bank holiday  
 Staff Training Days (2nd and 3rd Sept and 6th Jan. (The remaining 2 days will be disaggregated into 6 twilights))

**EVERYONE  
IS EXCITED!**

# SWIMMING LESSONS

**ARE YOU LOOKING TO GET STARTED IN  
SWIMMING LESSONS?**

- LESSONS SUITABLE FOR ALL AGES & ABILITY'S

- SPACES AVAILABLE NOW

- SWIMMING LESSONS RUN 50 WEEKS OF THE YEAR

- EVERY DAY AFTER SCHOOL & WEEKENDS TOO

- £38.54A MONTH PAID BY DIRECT DEBIT

- CHILD RECEIVES FREE SWIMMING IN ALL PUBLIC/FAMILY SESSIONS

JOIN OUR AWARD-WINNING SWIMMING LESSONS

& GET A FREE 6 MONTHS KIDS PASS\*

- UP TO 57% OFF DAYS OUT & ATTRACTIONS

- KIDS GO FREE AT AQUARIUMS, RESTAURANTS & MORE

- 30% OFF ADULTS & CHILD CINEMA TICKETS

- UP TO 25% OFF FAMILY HOLIDAYS & RESORTS



**VICTORY SWIM & FITNESS CENTRE - 01692 409370**

**VictoryMC@Everyoneactive.com**

**everyone  
ACTIVE**

